

Tri-City Coed Basketball Rules (updated 1/4/23)

GENERAL OBJECTIVE:

Sec. 1 - The objective of the Tri-City Basketball Program is to provide instruction in the fundamentals of basketball, as well as giving the participants an opportunity to play games. The Tri-City agencies would hope that the coaches and parents would please keep in mind that the main objective here is not who wins or loses, but that the boys and girls have the opportunity to play, learn, and most of all, have fun. There will be no standings kept in the 2nd 3rd grade league.

2022 PLAYING RULES

Sec. 1 - The Tri-City League - will be governed under the I.H.S.A. rules and will follow current Covid-19 guidelines.

Sec. 2 - Game Time- 2nd and 3rd grade games will consist of 2 fifteen (15) minute halves, with a five (5) minute half-time. In the case of a tie there will be " No Overtime". The 4th - 6th grade games will consist of 2 twenty (20) minute halves, with a five (5) minute half-time. In the case of a tie there will be "No Overtime".

Sec. 3 - Game Clock -The clock will be a running clock. It will be stopped only for time-outs, injuries or other special circumstances. EXCEPTION: The clock will stop as per regulation game the last minute of each half.

Sec. 4 - Time-outs -Each team will be allowed two (2) one minute time-outs per half which do not carry over in the 4th - 6th grade league. Each team will be allowed one (1) one minute timeout per half which do not carry over in 2nd and 3rd grade league.

Sec. 5 - Players Uniform - Each player must wear the Tri-City League Jersey.

Sec. 6 - Playing Time-Each player must play five (5) minutes per half or ten (10) Minutes per game. Each player will also be limited to a maximum of 20 points per game.

Sec. 7 - Free Substitutions -either team may substitute on time-outs or whistles. Substitutes must check in at the scorer's table.

Sec. 8a. - Defense - Man-to-Man or Zone, NO DOUBLE TEAMING. During any single possession, the 1st and 2nd double team infraction will incur a warning, (play will be stopped and the ball will be inbounded by the team who had possession when the infraction occurred). A third double team infraction will result in a foul, awarding the fouled player two free throw shots.

Sec. 8b. - NO FULL COURT PRESSING, the defense must fall back past the half court line. **NO FULL COURT PRESSING IS ALLOWED AT ANY POINT IN THE GAME.**

Sec. 9 – Fouls – Any flagrant foul will result in a technical foul and that player must sit out for two (2) minutes.

Technical Fouls - No free throws will be awarded for technical fouls. Instead, two (2) points will be awarded to the opponents of the offending team.

Second Technical - A coach or player will be removed from the game upon receiving a second technical foul. That coach or player will also be suspended for the following game. Repeated Technical fouls will cause the coach or player to be expelled from the league.

Sec. 10 - Teams Players - Each team may start and finish with no less than four (4) players for 5 on 5 play. There must be at least one opposite gender on the court at any given point during the game. In short, a team can't be composed of all boys or all girls.

Sec. 11 - Lead Limit - If a team takes a 20 point lead, the game will continue without any record of scoring kept. It's no fun to play a one sided game.

Sec. 12 – Game Ball Size – Both leagues will use an intermediate sized basketball (28.5)

Sec. 13 - Coach's Rules:

1. One (1) Head Coach and one (1) assistant coach will be allowed on the bench during games.
2. Coaches must remain on their (bench) side of the court or on/in front of their bench.
3. **The Head Coach is the only coach allowed to address the officials before, during, or after the game.** The assistant coach may confer with players and table personnel but only during dead ball situations.
4. Under no circumstances shall any coach confer with a player or coach from an opposing team in a negative manner. If such action is witnessed by staff, that coach will be asked to leave the game and will be under review with the Program Director/Coordinator.
5. Coaches are role models for our athletes, therefore you will be held to the highest standards of good character and positive behaviors.
6. Only background check approved coaches are allowed to assist with the team during games or practice.
7. ***ABSOLUTELY NO ARGUING WITH THE REFEREES OR SCORERS!***

Sec. 14 – Rosters - No player may be added to a roster after the second game of the season. If season ending injuries should occur that team may petition the Sports Director/Coordinator to add a player and the decision will be made by the Tri City agencies.

VIOLATIONS DEFINITIONS:

Double Team: When two players from one team are guarding one player from the opposite team for at least **3 seconds**.

Double Dribble: Dribbling the ball with 2 hands simultaneously or re-starting their dribble after they have already stopped.

Over and Back: (The 3 point rule): Once all 3 points (the ball and each foot) has been established over the mid-court line, neither of the 3 points can return to the backcourt or touch the mid-court division line.

Traveling: Taking more than 2 steps with the ball without dribbling. This includes changing pivot foot, moving pivot foot and 3 step layups.

5 Seconds Inbounding: Players have 5 seconds to inbound the ball.

Seconds in the Lane: Offensive players should not remain in their restricted foul lane or key area for more than 3 seconds depending on age (will not be enforced in 3 on 3 league).

Backcourt: Players have 10 seconds to bring the ball to the mid-court line. This will prevent stalling and keep play continuous.

Carrying: When a player, while attempting to dribble, rotates the ball with the palm of their hand & the ball remains in contact w/ their hand for a prolonged duration (palming the ball).

Kick Ball: When the player intentionally kicks the ball or when the ball unintentionally hits the player below the waist and his or her team gains advantage from it.

Out of Bounds: When the ball or a player in contact with the ball touches or crosses any part of the sideline or end line; when the ball or a player in contact with the ball touches the floor or any object above or outside a sideline or end line; when the ball or a player in contact with the ball touches the top of the backboard and/or the supports or the backside of the backboards (NOTE: the sides and bottom of the backboard are not considered out of bounds).

Types of Fouls

Based on the general principles concerning player contact, these specific fouls are called in a regulation game:

- *Blocking is physically impeding the progress of another player who is still moving.*
- *Charging is running into or pushing a defender who is stationary.*
- *Holding is restricting the movement of an opponent.*
- *Over-the-back is infringing on the vertical plane of, and making contact with, a player who is in position and attempting to rebound.*
- *Reaching in is extending an arm and making contact with a ball handler in an attempt to steal the ball.*
- *Tripping is extending a leg or foot and causing an opponent to lose balance or fall.*

Non-Contact Fouls

- *Swearing, trash talking, intimidation, swinging elbows, spitting or talking back to the referee will not be tolerated. These actions are unsportsmanlike and violate the nature of the league. Any player exhibiting these or any other unsportsmanlike actions will be removed from the game. The exact length of time will be determined by the referees and sport managers.*

Any questions regarding these rules calls the following agencies; Roxana Rec. 254-7485 & Gym 254-6919, Wood River Rec. 251-3130, East Alton Rec. 259-7411

“FREE-THROW COMPETITION”

- Prior to each scheduled game, the referee will administer (5) free throws per participant. The Score keeper will record the number of baskets made.
- Players must be on time and present to receive their free throws. NO make-ups once the game has started or if they're not present.
- Awards will be given to 1st, 2nd and 3rd place winners of the 4-6th grade league. Medals will be given out to all 2nd-3rd grade league participants.
- Check the standings on the board by the office at the Roxana Community Gym. Good Luck!

“TEAM SHOOT-OUT”

- In addition to the 10 league games and the free-throw competition, a Team Shoot-out has been added. All free-throws made the day of the shoot-out will be counted toward players free-throws.
- Awards for the shootout will be given to 1st and 2nd place winners of each division.

NOTES

- Sometimes the scoreboard will not reflect the actual score if one team is way ahead. We do keep score on paper...so **PLEASE do not yell at scorekeeper**